

National Women's Checkup Day

What is National Women's Checkup Day?

National Women's Checkup Day is led by the U.S. Department of Health and Human Services Office on Women's Health. Our goal is to encourage women to schedule an annual well-woman visit.

What is a well-woman visit?

A well-woman visit is a checkup. It's a time to see your health care provider to:

- Discuss your health habits and family history.
- Get or schedule necessary screenings and exams.
- Set health goals.



Schedule your well-woman visit every year. Thanks to the Affordable Care Act, it's considered a preventive service and must be covered by most health plans at no cost to you. During your well-woman visit, you can receive many screenings free of charge, such as screenings for blood pressure, cholesterol, cervical cancer, and more. And if your health care provider says you need more than one well-woman visit in a year, the additional visits are also covered.

When is National Women's Checkup Day?

The 12th annual National Women's Checkup Day will be Monday, May 12, 2014, during National Women's Health Week.



Why is it important for women to participate in this effort?

Well-woman visits help you get the preventive care you need, including screenings. Screenings can find diseases early, when they are easier to treat. They can also identify other problems and help lower your risk for many conditions, like heart disease. Under the Affordable Care Act, many women can receive these services without paying a deductible or copay.

How can you participate in this important event?

There are several ways to participate in National Women's Checkup Day:

- Schedule a well-woman visit with your health care provider.
- Learn which screenings you need and at what age.
- Review the many preventive services for women covered under the Affordable Care Act.
- Urge your women friends and family to participate.
- Share information through social media.